

**FEBRUARY 2022**

## **In the News**

### Upcoming Classes

PCA Class February 21-March 4, 2022

PCA Class March 21- April 1, 2022



### CNA Course

CENN has made the decision with the increase in COVID cases over the past month to postpone the CNA course until June 2022.



## **Monthly Spotlight**

### **Chikita Smith, PCA**

Chikita has been with CENN since 2019. She received her PCA certification in 2018. Her clients love her and her superpower would be to "heal". She has been and continues to be a valuable asset to CENN.

**American  
Heart Month**

**life is why<sup>TM</sup>**

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## **Courageous Voice Support Group**

**Please join us in Lakeside on the 4th Tuesday evening of every month to meet with like-minded people to "find your voice"**

**If you have questions about joining this group, please call and speak with Dawn.**



# February Birthdays

Betty Williams February 3rd  
Ann Pryor February 4th  
Shi-lee Turner February 19th



Krystal Tunget	1 year
Sheu Kazeem	1 year
Salina Willis	3 years
Brenda Royster	3 years
Gwen Kilpatrick-Beaty	3 years
Dorothy Johnson	3 years
Marcia Harris	3 years
Eva Evans	3 years
Pennie Chance	3 years
Chaponika Archer	3 years
Beatrice Banks	3 years
Shi-lee Turner	4 years
Amanda Metz	5 years

## Scheduling Segment

Remember that at CENN there is an every other weekend work requirement. If you do not have a regularly schedule shift then you are automatically Waiting to be Engaged for the weekend and should be ready to fill a shift when called.



## CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

This is what it takes to be Heart-Check certified\*:

### SOURCE OF NUTRIENTS

**Beneficial Nutrients (naturally occurring):**  
10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

### LIMITED IN SODIUM

**Sodium:**  
One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.\*

### LIMITED IN BAD FATS

**Saturated Fat:**  
1 g or less per standard serving size and 15% or less calories from saturated fat

**Trans Fat:**  
Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

TO LEARN MORE, VISIT  
[heartcheck.org](http://heartcheck.org)



\*All requirements listed apply to Standard Certification, see [heartcheck.org/requirements](http://heartcheck.org/requirements). 05-17-2016 3/21